



ASCORBIC ACID

(See also [Vitamin C](#))

Vitamin C (or ascorbic acid) is a water-soluble vitamin, heat-sensitive and sensitive to UV and oxygen.

It has an important role in hydroxylation reactions, the neutralization of free radicals and nitrosamines, the metabolism of histamine and iron, as well as anti-infectious immunological reactions.

Vitamin C is mostly found in some vegetables (cabbage family) and certain fruits (black currant, citrus fruits, kiwi...). Milk and dairy products do not contain much vitamin C, about 1 to 2 mg/100 g of milk.

Deficiency in Vitamin C is responsible for scurvy, whose clinical manifestations include weakness, joint pain, mucosal/skin hemorrhages, and bleeding gums.